

## 20<sup>th</sup> Sunday in Ordinary Time

**August 18, 2024:** Prv 9:1-6 | Ps 34:2-7 | Eph 5:15-20 | Jn 6:51-58

**Pray:** Lord Jesus, thank you for the precious gift of your presence in the Holy Eucharist. Amen.

### Abide in me, Lord, and I will Abide in You.

Jesus says, “He who eats my flesh and drinks my blood abides in me, and me in him.” This week, we continue focusing on Christ’s sermon, the “Bread of Life discourse,” a teaching of profound spiritual significance. We already know that Jesus meant exactly what He said when He told us to eat His body and drink His blood to gain everlasting life. Let us now look at what He meant by the words “abides in me, and me in him.”

God loves us and has a unique plan for each of our lives. Part of that plan is to have a loving relationship with Him so He can help us reach our potential. God wants to abide in us, to dwell or live in our hearts, and to fill our souls with His supernatural grace.

What a great blessing to receive Jesus’ real Body and Blood, His Real Presence, through the Holy Eucharist! Even amid this troubled world with so much discord and so many contrary messages against Gospel teachings, we know that God abides in us. If we allow Him, He will transform us to speak, think, and act according to His Holy Will. This heavenly food fuels us to discern right from wrong, fight



temptations, forgive one another, and love like Christ.

Through the power of Jesus in the Eucharist living within us, we are empowered to live the Gospel daily, look for Christ’s face in others, and share the reason for our joy, hope, and peace with the world around us.

### Reflect & Discuss:

- † In what ways do you prepare your heart to receive Jesus in Communion?
- † How does knowing Jesus is alive and abiding within you affect how you treat yourself and others?
- † How does receiving the Eucharist lead to a life of holiness amidst the challenges of modern society?
- † How does the frequent reception of the Holy Eucharist in Communion build interior joy and peace?